



# Step Into Spring with the FP&M **STEP CHALLENGE**

April 1 - April 30, 2023



**Spring is near!** It's time for the FP&M Step Challenge in April to count our steps — *now with optional walk or run at Crazylegs Classic*



## Sign up for Step Challenge

**Free** | April 1 - April 30, 2023

1. Scan the **QR code** or visit [go.wisc.edu/fpm-steps](https://go.wisc.edu/fpm-steps) and see the *How to Join* section
2. Create an account and connect a fitness tracking device to Count.It, or manually log activities
3. Be sure you've joined the right group, called *UW Facilities Planning & Management*
4. Start stepping! See your totals in action! Have fun!

**LEARN MORE**



Scan QR code above or visit

[go.wisc.edu/fpm-steps](https://go.wisc.edu/fpm-steps)

### We're in this together!

Here's the STEP CHALLENGE goals to achieve as a team:

PER PERSON AVERAGE goal: **5,800 steps**

PER PERSON TOTAL goal: **174,000 steps**

TOTAL FP&M goal: **10,000,000 steps**



## New this year: **Join the FP&M Crazylegs Classic Team**

2-mi. walk (\$35) | 8K run/walk (\$45) | April 29, 2023 | Register by April 14

Join the **Crazylegs Classic Fun and Fitness Team** to get a team discount, cooling towel and t-shirt.

Choose from a **2 Mile Walk** or **8K Run/Walk**

Scan the **QR code** to sign up

[go.wisc.edu/fpm-steps](https://go.wisc.edu/fpm-steps)



Questions? Please reach out to a Wellness Committee member or email [wellness@fpm.wisc.edu](mailto:wellness@fpm.wisc.edu).



**FP&M Wellness Committee**  
Supporting the overall well-being of FP&M employees